

Abstract

The objective of this study was to determine toxicity and immune status of HIV patients under ARVs (Zidovudine, Stavudine and Nevirapine) which comprises first line ARV combination regime currently being used in Kenya. A total of sixty (60) HIV patients participated in the study after consenting to undergo comprehensive care. A control group of forty (40) HIV patients on only cotrimoxazole (septrin), Analysis of Variance (ANOVA), t-test and correlation coefficient were used to analyse the data. The results showed treatment with ARVs may cause. Based on the findings of this study it is recommended that the ARV drug combination used may be initiated for patients at baseline CD4 counts of 101-150 cells/ μ l of blood. However change to another ARV drug combination regime may be introduced after three months of use to minimize toxicity associated with prolonged use.